

CLAIMS:

1. A method for securing a user's hand to a container, the container having an outer surface and an inner surface, wherein the inner surface defines a cavity therein, the method comprising:

providing a strap having at least one end secured to the outer surface of the container, the strap being mounted relative to the container to permit resilient movement of at least a portion of the strap toward and away from the container; and inserting the hand between the strap and the outer surface of the container to a degree sufficient to move that portion of the strap away from the container, whereby the strap resiliently urges the hand against the outer surface of the container.

2. A method of holding a fluid comprising:

providing a container having a bottom end and a sidewall extending from the bottom end;

providing a supportive strap having a first end and a second end with the first end secured to the container, the supportive strap being flexible and extending along but outwardly spaced from the sidewall to form a pocket between the supportive strap and the sidewall;

inserting an appendage through the pocket wherein the supportive
 strap resiliently urges the appendage against the sidewall;
 and
 introducing fluid into the container.

3. The method of claim 2, and further comprising:
 securing the second end of the supportive strap to the bottom end of
 the container.
4. The method of claim 3, and further comprising:
 adjusting a length of the supportive strap wherein a size of the
 pocket is likewise adjusted.
5. The method of claim 2, and further comprising:
 providing a fluid applicator tool;
 inserting the fluid applicator tool into the fluid within the container;
 and
 applying the fluid to a surface with the fluid applicator tool.
6. The method of claim 5, and further comprising:

providing a retainer for securing at least a portion of the fluid applicator tool within the container.

7. The method of claim 6, wherein the retainer is a magnet.
8. The method of claim 2, wherein the appendage is selected from the group consisting of a hand of a user, a wrist of a user, an arm of a user, and a belt of a user.
9. The method of claim 2, wherein the fluid is selected from the group consisting of paint, stain, adhesive and varnish.
10. The method of claim 5, wherein the applicator tool is a brush.
11. A method for applying a coating material comprising:
providing a container having a bottom end and a sidewall;
attaching a flexible strap to the sidewall and bottom end;
inserting a hand through the flexible strap to engage with the
sidewall of the container and the flexible strap;
introducing a coating material into the container;
providing an applicator tool;

inserting the applicator tool into the coating material; and
applying the coating material to a surface with the applicator tool.

12. The method of claim 11 wherein the inserting a hand step further comprises:

inserting a hand between the flexible strap and the sidewall, wherein
the strap flexes to urge the hand into engagement with the
sidewall of the container and the flexible strap.

13. The method of claim 11, wherein the attaching step further comprises:

adjusting a length of the strap.

14. The method of claim 11, and further comprising:
providing a retainer for securing at least a portion of the applicator
tool within the container.

15. The method of claim 14, wherein the retainer is a magnet.

16. The method of claim 11, wherein the coating material is selected
from the group consisting of paint, stain, adhesive, and varnish.

17. A method for applying a fluid from a container to a surface, the container having an outer surface and an inner surface, the method comprising:
- providing an adjustable strap having a first end and a second end,
 - the first end being fixedly attached to the container;
 - securing the second end of the strap to the container;
 - aligning a user's hand between the strap and the outer surface of the container so that the strap urges the hand against the outer surface of the container and stabilizes the container with respect to movement relative to the hand;
 - pouring fluid into the container;
 - inserting a tool into the fluid in the container;
 - removing the tool from the fluid; and
 - applying the fluid with the tool to the surface.
18. The method of claim 17, wherein the securing step further comprises:
- adjusting a length of the strap.
19. The method of claim 18, wherein the adjusting step further comprises:
- adjusting the position of the second end of the strap relative to the container.

20. The method of claim 17, wherein the fluid is selected from the group consisting of paint, stain, varnish, and adhesive.
21. The method of claim 17, wherein the tool is a brush.
22. A method for holding a fluid comprising:
- providing a container having a bottom end and a sidewall extending from the bottom end, the sidewall having an interior surface and an exterior surface, with a magnet affixed to the interior surface of the sidewall;
 - providing a supportive strap having a first end and a second end, the first end secured to the container, the supportive strap being flexible and extending along but outwardly spaced from the sidewall to form a pocket between the supportive strap and the exterior surface of the sidewall;
 - inserting an appendage through the pocket wherein the supportive strap resiliently urges the appendage against the exterior surface of the sidewall;
 - introducing fluid into the container; and
 - aligning a fluid applicator tool having a magnetic portion with the magnet so that the magnetic portion of the fluid applicator

tool is releasably attached to the magnet to hold the fluid applicator tool within the container.

23. The method of claim 22, wherein the container providing step includes aligning the magnet on the interior surface of the sidewall adjacent to the supportive strap.

24. The method of claim 22, and further comprising:
detaching the fluid applicator tool from the magnet;
inserting the fluid applicator tool into the fluid within the container;
and
applying the fluid to a surface with the fluid applicator tool.